STRESS

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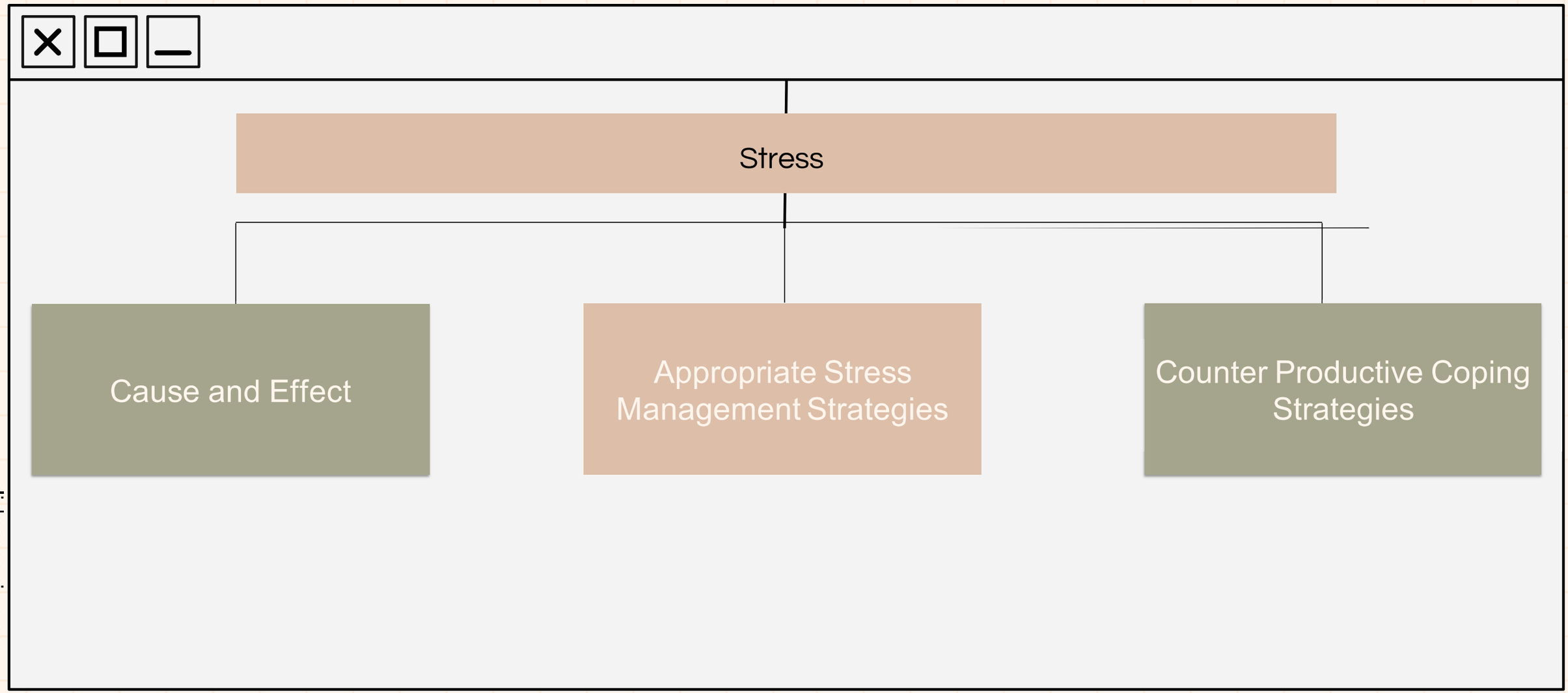

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What is Stress?

- Stress is the reaction of the body and mind to unkind or challenging life incidents. The imbalance between the demand from the environment and person's ability to cope can trigger feelings of anxiety.
- These unkind incidents may cause Physical, Behavioral, Psychological, and Emotional Strain.
- We have three types of stress which are the Chronic Stress, Cumulative Stress, and Acute Stress.

Acute Stress

It is a short-term stress that is short-lived.

Ex:
-Being late to events or occasions.

Chronic Stress

Prolonged exposure to stress caused by events that cannot be solved for a long time.

Ex:
-Familial Problems
-Unsatisfying Jobs

Cumulative Stress

Series of stress that has built up.

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Two kinds of Stress

➢ Eustress

- It is the positive stress.
- It enhances the influence on productivity and satisfaction.
- It help us feel motivated, work toward our goals and feel good about the results.

Effects

- Makes us more proactive
- Helps us be more productive
- Trains our resilience
- Builds confidence about self efficacy.

Distress

- It is the negative or harmful stress.
- It causes poor performance.
- It is the effect of events that are too hard to manage.

Effects

- Leaves us overwhelmed
- Fatigue
- Changes in apetite
- Mood Changes

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Cause and Effect

Stressor

- An event or situations that causes stressful situations, which are seen as a risk to the well being of a person.

- The body responds to the stress by secreting hormones that prepares the body to respond to the situation.

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Cause and Effect

What are the Hormones that we secrete to respond to stress?

Stress Hormones

Thought to be involved in the body's response to stress. They secrete from the adrenal glands.

Primary Stress Hormones:

- Adrenaline (Epinephrine): Fuels our "fight or flight" instinct.
- Cortisol: The primary stress hormone that is produced by adrenal glands. It regulates the body's response to stress. It increases sugar in the blood stream (glucose).

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Cause and Effect: Sources Stress

Major Life Changes

Majority of Stressors are key life changers that influence and individual's family and social life.

Ex:

- Losing a job
- Death of a loved one

Everyday Problems

These problems are what we may call as "hassles" as it is the occasional incidents we face every other day.

Ex:

- Misplacing Things
- Dressing Concerns

Physical Surroundings

This type of source of stress is connected to our environment and what kind of surrounding it is. It affects the level of day-to-day stress we may have.

Ex:

- Noisy Surroundings
- Unbearable Weather conditions

Other Stressors

Other stressors may include:

- Worrying about futures
- Relationship Conflicts

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Cause and Effect: Reactions

Physical Signs

- Muscle Tension
- Headache
- Pounding Heart
- Shortness of Breath
- Increased Sweating
- Dry Mouth
- Skin Rash
- Grinding Teeth, nail biting

Emotional Signs

- Anger, Irritability
- Impatience
- Nervousness
- Forgetfulness
- Inability to concentrate
- Negative Thinking
- Excessive Worrying
- Loss of Interest
- Self Criticism
- Frequent Crying

Behavioral Signs

- Loss of apetite
- Overeating
- Drug abuse
- Sleep Problems
- Restlessness
- Hurrying and talking too fast
- Criticizing other
- Reckless Behavior
- Fidgeting

Psychological Signs

- Constantly Irritable with other people.
- Feeling of being a failure.
- Difficulty in making decisions.
- Loss of interest in other people.
- Having a hard time to concentrate.

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The General Adaptation Syndrome

The Process that our body goes through when exposed to any kind of stress.

Alarm Stage

Is the phase where the brains deciphers the distress and instantly deals with it. This is also known as “Fight or Flight”

Resistance Stage

Is when the stress is being resolved after meeting its demands then the bod goes back to normal afterwards.

Signs of resistance stage:

- Irritability
- Frustration
- Poor Concentration

Exhaustion Stage

This is the result of prolonged or chronic stress. Struggling with stress for long periods of time can drain Physical, Emotional and Mental capabilities until we can no longer fight stress.

Signs Exhaustion stage:

- Fatigue
- Burnout
- Decreased stress resistance
- Depression
- Anxiety

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APPROPRIATE

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MANAGEMENT

STRATEGIES

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Appropriate Stress Management Strategies

How can stress be managed?

1. Manage Stressors:
   - It is important to lessen stressors and it can be avoided although it cannot eliminated.
   - Being burdened with too much work can be prevented by prioritizing and time management. Refrain from unnecessary manners and focus on the important ones.

2. Rest and Sleep:
   - It is a very helpful way to reduce stress and relieve body tension. It helps to have the right amount of sleep and rest. It also helps to take a 15 to 30-minute daytime nap. Stress and exhaustion are best countered by a sound and relaxed body.

3. Exercise:
   - Exercising naturally relieves the body from the effect of stress. An aerobic workout stimulates the hormones, wears down tight muscles, and gives nicely tired but stress-free condition. Exercise is also known to help secrete feel-good hormones called endorphins which help the body to relax.

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Appropriate Stress Management Strategies

How can stress be managed?

4. Use relaxation methods in coping with stress, such as;
   a) **Progressive relaxation:** uses body's feedback and mechanism in reducing muscle tension, a common indicator of stress.
   b) **Deep Breathing:** tells the brain to calm down and relax, relieving stress.
   c) **Meditation:** a technique that temporarily "tunes out" the world, disregard outside disturbance, and provides inner peace.
   d) **Visualization (creative imagery):** Uses imagination to relax and reduce stress.

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COUNTER PRODUCTIVE COPING STRATEGIES

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Counterproductive Coping Strategies

What is coping?

Coping

- Is defined as the "capacity to respond and recover from something stressful. (WHO, 1999)
- Coping is a conscious response to psychological stress in an attempt to balance mental and emotional conditions.
- Both positive and negative incidents need coping skills that will accommodate them. These include how to behave, thinking of ideas, and controlling emotions in order to minimize or tolerate stressful events.
- Coping can be adaptive or maladaptive.

Adaptive:
Involve confronting the problems directly, recognizing and changing unhealthy emotional reactions.

Maladaptive:
Generally increases stress and anxiety by using unhealthy methods to try to escape stress.

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Counterproductive Coping Strategies

Coping Styles

Problem-Solving

- Focuses on approaches that tackle the problem to reduce stress of a particular situation.

Emotion-focused

- Deals with nurturing the emotional health through the stressful period.

Classification of Coping:

Active

- Comprise the recognition of the stressor to lessen its adverse consequences.

ex: Seeking Professional Help

Avoidant

- Ignores the issue or avoid the problems

ex: Situational avoidance

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Time Management

Planning a schedule and sticking with it. It helps to avoid cramming and things piling .

Sharing

Talking about problems with someone you are comfortable with so that you can relieve stress. Those who can see problems from a distance usually have clearer answers.

Adrenaline

Using adrenaline – raised energy for simple tasks like cleaning the house or the yard redirects how the body reacts from stress.

Relax

Being at ease or sitting down while emptying the mind from upsetting ideas, listening to gentle music can relieve stress.

Bond

Having a good laugh with your family or friends, watching different movies, or going to funny places after a stressful day.

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Specific Coping Strategies

Humor: Look at the funny side of the problem. “Positive reframing” is believed to relief small flops.

Seek Support: In the course of a stressful event, support from family members or friends keep emotional health balance.

Problem-Solving: It is a helpful mechanism that aims to pinpoint the source of the problem and determine the solutions.

Relaxation: Unwinding events or calming skills help manage stress and enhance overall coping.

Physical recreation: Regular exercises like yoga, meditation, and muscle relaxation are helpful in handling stress.

Adjusting expectations: accepting different results of situations in my life may help in adjusting the stress associated with nay given change or outcome.

Venting: An expressing-type of coping technique by voicing out strong sentiments with friends or family. moderate venting can be beneficial but pondering the negative may end up to edgy relations over time.

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Summary

- Stress is the reaction to stressors and causes risks to an individual's comfort.
- Eustress is the good stress while Distress is the negative stress.
- Stressors mostly come from major life changes, physical surroundings, and everyday problems.
- Stress may also originate from pressures from decisions in life and conflicts with other individuals.
- Stress can go to different coping capabilities.
- Stress can be managed through minimizing stressors, relaxing, doing exercise, resting, and having a good sleep. Coping Mechanisms or strategies are a great help to counter stress.
- Our body secrete the hormones that we call cortisol which regulates the body's response to stress, and Adrenaline which activate the "Fight or Flight" response we have.

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